



## Cooling Stations help older adults in warmer weather

by Viki **BOWMAN**  
Davis County Senior Services

Summer has finally arrived bringing hotter temperatures with its challenges of staying cool and avoiding heat stroke. "Cooling Station" is a term for an air conditioned public place individuals are invited to visit that provide respite to the outside heat. Many public locations such as local senior activity centers and libraries are good places for seniors to cool off.

Senior activity centers host a variety of opportunities to engage

in throughout the day, making them ideal locations to hang out while staying cool in air conditioning! A bonus offered at senior activity centers is a nutritional lunch served Monday through Friday – a great option to meals without heating your home by cooking.

Did you know older adults are more prone to overheating due to bodies that don't adjust to high temperatures as well as younger bodies do? Additionally, medications and medical conditions can change

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### Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, July 17, 6:30-7:30 p.m. – Kaysville Library (215 Fairchild Road, Kaysville)
- Wednesday, Aug. 14, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)

For more information about the Medicare 101 classes, call 801-525-5050 option 5.

## Events in July

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- |   |  |
|---|--|
| M/W/F - EnhanceFitness 9:30 a.m.        | Show (sign up required by July 1)  |
| M/W/F - Bingo 10:15 a.m.                | 17 - American West Heritage Center/Idle Isle Cafe trip (sign-up required) 10:30 a.m. |
| T/TH - Tai Chi 9:30 a.m.                | 18 - Food Pantry Day noon  |
| W - Pinochle 12:30 p.m.                 | 24 - Center closed   |
| 2/3 - Foot clinic (by appointment only) | 26 - Birthday party luncheon 11:30 a.m.  |
| 4 - Center closed                       |  |
| 12 - Summer BBQ Party/Car               |  |

### South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- |  |   |
|--|---|
| M/W/F - EnhanceFitness 8 a.m.          | 12 - Summer BBQ Party/Car Show (sign up required by July 1) |
| M/W - Bingo 12:30 p.m.                 | 23 - Book club 12:30 p.m.                                   |
| TH - Tai Chi for Arthritis 9:30 a.m.   | 24 - Center closed  |
| 4 - Center closed                      | 26 - Birthday party lunch 11 a.m.                           |
| 10 - Legal Consultation by appointment | 31 - Famous Larsen Band 11:15 a.m.                          |
| 11 - "Sing-a-long" 10:30 a.m.          |   |

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- |  |  |
|--|--|
| M/W/F - Bingo 12:30 p.m.                                       | - Cards for a Cause 10 a.m.  |
| - Texas Hold 'Em Poker noon                                    | - Blood pressure clinic 10:30 a.m.                                 |
| T/TH - Tai Chi for Arthritis and Fall Prevention 10:15 a.m.    | 11 - Legal consultation with attorney Mike Haslam (by appointment) |
| 1 - Medication Safety Part 1 11 a.m.                           | 12 - Summer BBQ Party/Car Show (sign up required by July 1)        |
| 2 - Foot clinic (by appointment)                               | 16 - Shopping at Winco 12:30 p.m.                                  |
| - Shopping at Walmart 12:30 p.m.                               | 17 - Presentation by Humana 10:45 a.m.                             |
| 3 - Medication Safety Part 2 11 a.m.                           | 19 - Presentation by Signature 11 a.m.                             |
| 4 - Center closed  | - Blood pressure clinic 10 a.m.                                    |
| 9 - AARP Smart Driving Class 10 a.m.-3 p.m. (sign-up required) | 24 - Center closed   |
| - Book club at 10:15 a.m.                                      |  |
| 10 - Medicare Presentation 11:15 a.m.                          |  |

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)



**Davis**  
COUNTY

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Kristy Cottrell, Division Director

Mailing Address

P.O. Box 618, Farmington, UT 84025

Bob Ballew, DCHD Public Information Officer

Physical Address

22 S. State Street, Clearfield, UT 84015

(801) 525-5050

All issues of Senior Living are available at [www.daviscountyutah.gov/senior\\_living](http://www.daviscountyutah.gov/senior_living)

# Brain health check part of Medicare's free Annual Wellness Visit

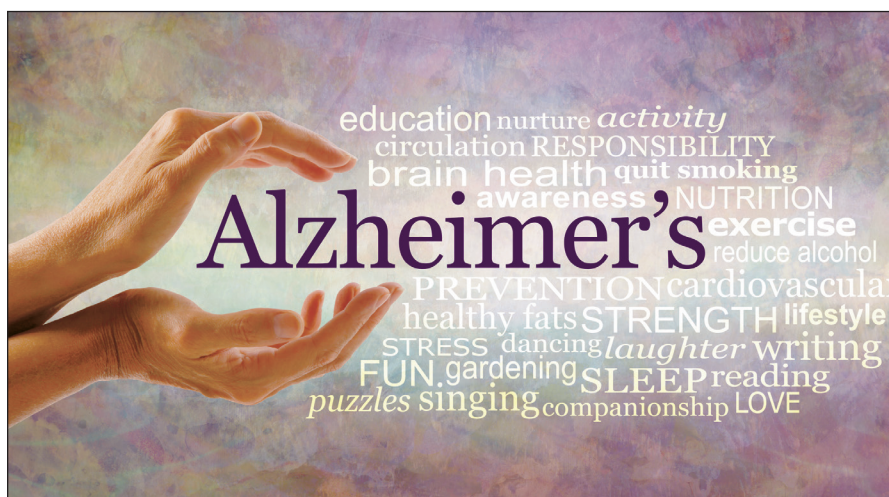
by Lynn M. **MEINOR**  
Alzheimer's State Plan  
Specialist Utah Department  
of Health

Early detection of Alzheimer's disease and related dementias can offer families a variety of social, planning, emotional and medical benefits.

Medicare offers a free Annual Wellness Visit for those 65 years and older. Primary care doctors are the first point of contact for medical care and are typically who provides the Annual Wellness Visit. Part

of that visit should be a brain health check, commonly called the "mini-cog" in Utah.

However, only one in seven aging adults receives this brain health check annually. Aging adults may not get this exam for a variety of reasons. Usually it's because they are nervous about the results, or the physician isn't sure how to perform the test and recommended follow-up after, if needed. And most commonly, physicians are waiting for families to request it while families are



waiting for physicians to recommend it.

Early diagnosis can help people living with Alzheimer's disease

or a related dementia and their loved ones age well by providing specific care and the ability to treat

symptoms.

The Utah Department of Health has launched a public awareness campaign

entitled, Age Well. This campaign strives to: reduce fear and stigma, offer resources to families and physicians on the benefits of early diagnosis along with how to request the exam, how to perform the exam and most importantly, where to find help if needed.

Age Well has all aging adults in mind from community and caregivers to physicians and advocates to live their best life possible. To see these resources, please visit <https://agewell.health.utah.gov>.

## Here's something to chew on!

by Debbie **DRAPER**  
Davis County Senior Services Nutrition  
Bureau

The Nutrition Program for the Elderly, part of the Older Americans Act grants for state and community programs on aging, helps ensure a healthy, well-balanced diet for older Americans. Through this program, seniors who might otherwise be isolated and lonely, or who cannot afford to buy or prepare meals for themselves, do not go without food. They can eat a meal and socialize with their friends in a neighborhood setting.

Good nutritional health is vital to

healthy aging, and a proper diet provides the energy and nutrients the body and mind need. Community meal programs (congregate meals) are a value to you. In fact, your community meal program is waiting to serve you.

Why should you go eat lunch at a senior activity center or other community meal location? The benefits outweigh the trouble, the cost, or the loneliness. You do not need to prepare your own meals and will do less shopping. You can avoid missing meals and still be independent. You can save time and money (most community meal programs request a contribution). You can learn about

good nutrition and eat healthy food. You will meet new friends and find old friends. You can sit, socialize, and have fun.

In a recent study conducted by the Administration for Community Living, 80% of those participating in community meals reported that they improved their health by participating. Also, 54% indicated that the community meal supplies half or more of their total food for the day. And, best of all, 54% say that their social opportunities have increased because of their participation at a community dining site.

Community Meals (congregate meals) serve adults 60+ and their

spouses. These meals are served at senior activity centers, community buildings, schools, and some senior housing projects. Davis County's Senior Services offers transportation to and from the meal site, for those needing it.

For more information about our community meals, please contact your nearest senior activity center:

- Central Davis Senior Activity Center (Kaysville) 801-444-2291
- North Davis Senior Activity Center (Clearfield) 801-525-5095
- South Davis Senior Activity Center (Bountiful) 801-451-3660

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the body's response to heat.

Here are additional tips on keeping cool:

- Drink plenty of cool water throughout the day. Your body needs water long before you feel thirsty and avoid alcohol and caffeine.

- Eat cooling snacks like popsicles. Make your own to avoid added sugar in commercially prepared products. Freeze grapes, peas, and even green beans to snack on.

- Keep the shades closed during the heat of the day. Consider adding cheap solar curtains to keep the house as cool as possible.

- Dress in light lay-

ers that are breathable and loose fitting.

- Stay in the lower floors of the house since heat rises.

More information on Cooling Stations at senior activity centers or services provided through Davis County Senior Services is available at <http://daviscountyutah.gov/seniors> or call 801-525-5050 to find a location near you.

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